

ARE YOU 60 YEARS OR OLDER?



**Are you sick and tired of being
sick and tired?**

Living Well with Chronic Conditions

A FREE, six-week program that will help you self-manage your health so that you can live a productive and quality life.



WHERE: Columbus Senior Center
2531 South 400 East

**WHEN: Wednesday– Sept. 12,19,26, &
Oct. 3, 10, 17, 2007**

TIME: 9:30 am – 12:00 pm

Topics taught include:

- Communicating with doctors
- Dealing with negative emotions
- How to achieve your goals
- Effective problem-solving
- Tips for eating well
- Relaxation techniques

To attend please call:
Healthy Aging Program
468-2772

www.slcoagingservices.org

**Sign Up
Today!**



... Options and opportunities for your generation.